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Wing Airmen provide mudslide relief in Philippines

Wing partners with fellow Pacific military bases to transport personnel, equipment and supplies

By Capt. Ben Alumbaugh
 374th Airlift Wing Public Affairs

CLARK AIR BASE, Philippines (AFP) – More than 100 Airmen from Yokota Air Base teamed up with personnel from Andersen Air Force Base, Guam; and Kadena AB, Japan, to provide humanitarian assistance this week following the deadly mudslide that engulfed a Philippine village.

U.S. Pacific Command authorized approximately 5,500 U.S. troops already in the region as part of Balikatan, the bilateral exercise held annually at Clark Air Base, to assist in disaster relief and humanitarian assistance after a mountain overlooking a village in the southern part of Leyte Island in the Philippines disintegrated into mud following two weeks of steady rain.

As of Feb. 22, Yokota's 36th Expeditionary Airlift Squadron airlifted more than 79 personnel, 111.2 tons of cargo, and also logged

31.6 hours of flying. Water and supplies are gathered at Tacloban Airport and then distributed from there to the affected area.

"Even though we initially came down for training, when this tragic mudslide occurred, we were in the perfect position to be able to provide assistance," said Lt. Col. Bill Summers, 36th EAS commander. "Yokota is the airlift hub of the Western Pacific, and we are proud to provide airlift support along with our sister services in the relief efforts of the Philippine government."

"It's intense," said Senior Airman Angelo Gomez, 374th Combat Mobility Element, who is forward deployed at Tacloban. "We are unloading supplies as fast as we can, sometimes unloading entire cargo aircraft by hand and then loading dump trucks with water, picks, shovels, meals ready to eat and other supplies to take to the site."

Airman Gomez was part of an initial group of over 30 personnel

made up of Air Force Pararescue Jumpers, Navy SEALs, logistics and medical service members sent to Tacloban to assist in the efforts.

According to reports, the area affected by the mudslide is so remote it takes five to six hours by vehicle to get there from Tacloban, which is nearly 400 miles south of the Philippine capital of Manila.

Due to the nature of the relief efforts, the 36th EAS is working around the clock along with other U.S. forces and the Philippine Air Force to transport supplies.

"We are honored to be a part of such an effort," said Capt. Ian Fairchild, 36th Expeditionary Airlift Squadron pilot. "We are focused on helping as much as we can and I am confident that the teamwork shown amongst the services and the Philippine Air Force will help those affected by this tragedy."

The Philippines has asked the United States for water, meals, boots, blankets, medicine and earth-moving equipment.

(Senior Master Sgt. Charles Ramey, Kenney Headquarters Public Affairs, contributed to this article.)



photo by Capt. Ben Alumbaugh

Above, maintainers from the 374th Aircraft Maintenance Squadron load pallets of water on to a C-130 Hercules from the 36th Expeditionary Airlift Squadron at Clark Air Base, Philippines. Left, Staff Sgt. Dale Chaloupka and Senior Airman Rafael Rodriguez, both from the 374th AMXS, perform a 15-day inspection on an engine of a Yokota C-130 Hercules Feb. 18 between flights at Clark.

COLA rates vary based on yen rate, other factors

By Master Sgt. Dominique Brown
 374th Airlift Wing Public Affairs

The amount of Cost of Living Allowance servicemembers and their families receive fluctuates moderately every pay period.

Servicemembers may have noticed in their last paycheck that there was a slight increase in COLA on Feb. 1, an increase not seen since August 2005.

Each pay period's COLA increase or decrease is due to the currency fluctuations and a bi-monthly adjustment helps maintain purchasing power with the Japanese Yen. Though the currency rate fluctuates daily, the Per Diem, Travel and Transportation Allowance Committee does not change the COLA index on a daily basis.

"To eliminate daily changes to the COLA index, PDTATAC utilizes a methodology

known as the Accumulator System," said Senior Master Sgt. Ed Harvey, 374th Comptroller Squadron Customer Service flight chief.

"The Accumulator System is a computer generated algorithm that reviews current exchange rates every two weeks with each pay period," explained Sergeant Harvey. "The system compares both the allowance rate of exchange and the trading rate of exchange, accumulates the difference and then recommends a new rate allowance if the accumulated difference reaches 5 percent."

For example, a staff sergeant stationed here with three dependents received an average daily COLA rate of \$22 in October 2005, \$20 in November 2005, \$18 in December 2005 and January, and \$23 in the first half of February.

Another factor that affects COLA rates

are index points, which are derived and awarded based upon the information provided from two separate surveys. The surveys are conducted to determine overseas cost which in turn also determine part of the COLA rate.

"The Living Pattern Survey, which is conducted every three years, samples all members with command sponsored dependents to determine which local off base stores they use, and how much they buy from the commissary and exchange," said Sergeant Harvey.

"The annual Market Basket Survey, is conducted by our staff," he said. "We collect average prices for approximately 120 goods and services from off base facilities in the surrounding Yokota communities."

The surveys affect COLA index points, however adjustments are seen after collected

survey data is input into the system.

Besides the currency fluctuations and survey data, COLA rates vary accordingly to correspond with each member's current status. It is paid as a percentage of spendable income. An index of 110 would result in an annual COLA of 10 percent of the spendable income corresponding to the member's grade, years of service, and family size.

COLA is not intended to measure all of the differences in living overseas and living in CONUS. Cultural differences, climate differences, and inconvenience factors are more properly addressed through Hardship Duty Pay.

For more information, stop by the Finance Office in building 314 or visit the Web site <https://secureapp2.hqda.pentagon.mil/perdiem/>.

ORI countdown: 16 days

From the 'sandbox': Samurai warriors on first-line defense

By Staff Sgt. Jasmine Reif
386th Expeditionary Wing

Members assigned to 386th Expeditionary Security Forces Squadron Force Protection flight search and supervise more than 600 third country national em-

ployees every day, to allow morale boosting construction projects such as a new fitness center and dorms to be completed.

Force Protection is made up of about 130 people from 58 different Air Force career fields and most of them volunteered for this four-month deployment.

"Some career fields don't deploy often and volunteering to be Force Protection escorts is a way of getting close to the fight, said Master Sgt. Stanley Ford, 386th SFS Force Protection superintendent.

To be qualified for their position they must first go through an array of training.

"We instruct them on force protection issues, such as signs to look for from TCNs, like pacing at the construction site, which might signal an attempt to measure the area. We also stress the importance of a thorough body

search to ensure prohibited items are not on their person when they come on base," said Sergeant Ford. "They are also security forces augmentees and weapons trained."

Some escorts are responsible for overseeing the FP program at the main office, some oversee the sites and others travel from site to site to ensure that the troops have drinks and get meal breaks.

At each of the 35 to 45 construction sites there is usually one person watching the entry control point and one person watching the TCNs work.

"While on post, Airmen can't read books or magazines, they can only read the site specific instruction booklet and if they fall asleep they may receive nonjudicial punishment," said Tech. Sgt. John Vinson, Force Protection morning flight chief, whose job consists of driving around the base and ensuring the Airmen are okay.

While overseeing TCNs laying asphalt on the flightline, Aerospace Ground

Equipment specialist from Yokota Air Base, Japan, Airman 1st Class Jon Brown said, "I volunteered for this position because I wanted to do my part. It's hard to deploy in my career field and this will also allow me to buy furniture for my wife when I get home."

"The Airmen do a first-rate job. They watch the workers and it can be boring at times, but they know their job is important and that they're expected to do their jobs properly," said Sergeant Ford, who is also deployed from Yokota.

Airmen from the Force Protection flight said they really enjoy the opportunity to interact with the TCNs.

Despite working 10 to 12 hour shifts six days a week, the morale in the unit is very high. "This is, at many times, a 'thankless job' but the morale is high and the Airmen know they are doing their part to ensure the mission is completed," said Sergeant Ford.

(Courtesy of Air Force Print News)



photo by Staff Sgt. Jasmine Reif

Airman 1st Class Jon Brown, 386th Security Forces Squadron Force Protection escort, oversees construction on the base's flightline. He is deployed from the 374th Maintenance Squadron.

Chief master sergeant of the Air Force testifies on quality of life issues

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON (AFPN) – Chief Master Sgt. of the Air Force Gerald R. Murray testified on Capitol Hill about Air Force quality of life issues before the House Appropriations Committee subcommittee on military quality of life, veterans affairs and related agencies.

"I truly believe, and I think you'll agree, that our Airmen's quality of performance is directly related to their quality of life," Chief Murray said.

Chief Murray cited the current top three quality issues for Airmen – pay and benefits, housing availability and costs, and education.

"Our education is critical to the 21st century capabilities of our force," he said. "We've come to expect more from our Airmen today than ever before, and even more will be expected of them in the future."

He said the value of education benefits is particularly important to Airmen with the ongoing Air Force transformation.

"Education enables members to fulfill personal goals, stimulates in-

novation and critical thinking and improves overall force readiness effectiveness," Chief Murray said. "Knowledge and innovation are inherent to our Air Force heritage and service cultures. Education benefits are a win-win for all our services and it must remain strong."

Chief Murray explained how the air expeditionary force construct has been a great benefit to the Air Force transformation and quality of life.

"Our AEF organization is a model of global agility, efficiency and military effectiveness -- a mod-

ern design for a modern world," he said. "Our 21st century force is 40 percent smaller than that Cold War force we went into Desert Storm with. It is, however, vastly more capable, more agile and more lethal than before."

"The AEF provides lethality and economy of forces for in-theatre combatant commanders while providing predictability and stability at home -- a huge quality of life bonus for our Airmen and their families," he said.

Chief Murray also addressed possible future quality of life con-

cerns for Airmen and their families.

"Health care would be a higher concern, but right now it is given; as long as it is given, our Airmen are satisfied," he said. "But, because of the interest right now in health care and the rising costs to it, it is up on the scope."

Another future Air Force quality of life challenge is the environment it faces with changes made as a result of Base Realignment and Closure and Quadrennial Defense Review.

(Courtesy of Air Force Print News)

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

Good Conduct Medal award elimination explained: WASHINGTON (AFPN) – The Air Force Uniform Board announced the Good Conduct Medal will no longer be awarded. "The quality of our enlisted personnel today is so high, we expect good conduct from our Airmen," said Brig. Gen Robert Allardice, Air Force director of Airman development and sustainment. "It begged the question, 'Why do we have a Good Conduct Medal?'"

Air Force and VA to build joint clinic in San Antonio: SAN ANTONIO (AFPN) – The South Texas Veterans Health Care System and Wilford Hall Medical Center announced construction of the North Central Federal Clinic. The new clinic will be located in north San Antonio and is scheduled to open in October. The Air Force and VA will jointly operate the 30,000-square-foot outpatient clinic which will serve both VA and DOD beneficiaries.

Nihon-go now

⇒ Where do you live?

Doko ni sunde imasuka.
(doh-koh nee soo-n-deh e-mah-soo-kah.)

⇒ It is expensive to live in Tokyo.

Tokyo-ni sumuno wa okane ga kakarimasu.
(too-kee-yoo nee soo-moo-no wah oh-kah-neh gah kah-kah-lee-mah-soo.)

AD

JASDF, U.S. military kick off Keen Edge

By Staff Sgt. Karen J. Tomasik
374th Airlift Wing Public Affairs

Japan Self Defense Forces and U.S. military forces are conducting a bilateral command post exercise through March 3 here.

This year's exercise, Keen Edge '06, is part of an annual exercise series, alternating between

field training exercises (known as Keen Sword) and command post exercises.

During Keen Edge, various Japanese and U.S. Headquarters staff will employ computer simulations to practice the steps they would take in the event of a crisis or contingency.

Command post exercises serve

as a cost-effective way of providing military participants with realistic and unobtrusive training in a simulated crisis. Participants of the exercise will use the computer-based joint theater level simulation (JTLS) system to direct and respond to exercise events. This system helps provide a realistic, though simulated, environment

from which commanders and staffs improve their skills by anticipating and reacting in real time to events generated by computer simulation.

Approximately 3,240 U.S. and 1,350 Japanese personnel will participate in Keen Edge 06, including those assigned to U.S. Forces-Japan; Fifth Air Force; Seventh Fleet; U.S. Naval Forces,

Japan; U.S. Army, Japan; and III Marine Expeditionary Force.

The exercise will be directed by Lt. Gen. Bruce Wright, USFJ/Fifth Air Force commander, and Japan Ground Self Defense Force General Hajime Massaki, Chairman of the Joint Staff Council.

(Information provided by USFJ Public Affairs)

Base Airmen return from annual winter exercise in Thailand

By Master Sgt. Adam Johnston
Cope Tiger '06 Public Affairs

KORAT ROYAL THAI AIR FORCE BASE, Thailand (AFPN) – Nearly 300 Airmen are packing their bags and returning home to bases throughout the Pacific as officials mark the end of a two-week multi-lateral exercise called Cope Tiger '06.

Gen. Paul V. Hester, Pacific Air Forces commander, spoke with Airmen here during closing ceremonies.

"Airmen are proud of themselves – proud that they joined our service and proud to serve away from America's shores," General Hester said. "We need to make sure they understand how important they are to the total integration of what America is trying to do around the world and for the protection of America."

More than 1,300 people – about 300 U.S. servicemembers and 1,000 servicemembers from Thailand and Singapore – participated

in Cope Tiger '06, which included aviation and ground units from the Air Force, Thailand and Singapore. The exercise is designed to promote regional security and stability in the Asia Pacific Region by developing and cultivating multilateral relationships.

"Cope Tiger offers an unparalleled opportunity to conduct a wide spectrum of large force employment air operations in a multi-lateral environment," said Col. Jeffrey LeVault, exercise director for U.S. forces in Cope Tiger.

"The lessons we take from this exercise are significant. The event provides a terrific venue for the cultivation of interoperability and coalition procedures in the employment of air power between the three countries," the colonel said.

Colonel LeVault said A-10 Thunderbolt IIs from Osan Air Base, South Korea, were able to accomplish valuable bombing range skills. C-130 Hercules crews from Yokota Air

Base, Japan, practiced night landings and low altitude training.

"Honing those skills is invaluable," he said. "They need this kind of training to keep their edge."

Cope Tiger aircrews flew more than 140 sorties in the two-week exercise that included Air Force A-10s, C-130s, E-3 Sentry (AWACS) from Elmendorf Air Force Base, Alaska, and Kadana Air Base, Japan, and a KC-135 Stratotanker from the Air National Guard at Eielson Air Force Base, Alaska. Aircrews from Thailand and Singapore also flew jets in the exercise.

Another benefit was the personal relationships built by international aviators and local community involvement.

"Our folks depart the exercise with better working relationships with their Thai and Singaporean counterparts -- the kinds of relationships that facilitate rapid responses for events like Operation Unified Assistance or



photo by Tech. Sgt. Keith Brown

First Lt. Jeff Bliss, C-130 Hercules pilot with the 36th Airlift Squadron, preps for an airlift mission during Cope Tiger '06.

other contingencies in the region," Colonel LeVault said.

Cope Tiger has been held annually since 1994.

(Courtesy of Air Force Print News)

AD

How well do you know history?

Taking time to remember Airmen like General James

By Jerry Stringer
Air Force News Agency

SAN ANTONIO (AFPN) – There was a hush over the audience. The Air Force men and women had assembled to hear a general officer speak -- one with Korean War and Vietnam War combat missions. A granite figure of a man with what appeared to be a galaxy of stars on his shoulders walked to the front of the assembled group.

He was Daniel “Chappie” James. Anybody who served in the U.S. Air Force in the 1960s knew about General James from the air war in Vietnam. He had an aura about him that set him apart from others. And when he spoke, you could hear half a pin drop. For a young captain, it was an opportune time to be assigned to the Pentagon.

The general talked of patriotism and Americanism. You could feel the emotional vibes building inside. And when he finished, we gave him a standing ovation. We walked out standing taller and even more

ready to defend our country.

General James certainly left a legacy as a true American and an Air Force leader. It’s appropriate to remember him during African-American History Month.

Other African-Americans have made their contributions to the defense of our country in all branches of the armed forces. And they join still others who have made their contributions to our society in scientific fields, in the diplomatic corps, in human rights advances -- the list goes on.

In fact, you can put African-American history into two words -- American history.

Now, how good is your knowledge of African-American heritage? Try your hand at answering these questions.

1. Among the first American military members decorated for bravery in World War II was which African-American mess steward?

2. In World War II, which infantry regiment first broke through the German lines to reach the Rhine?

3. On the U.S. western frontier during the late 1800s, what were the African-American cavalry members called?

4. What order integrated the armed forces and when?

5. Who was the Air Force’s first African-American general?

6. Who was “Blackman” of the legendary Vietnam flying team, “Blackman and Robin?”

7. Which African-American officer won two gold medals in the 1984 Olympics?

8. Who is the only African-American to serve as chief master sergeant of the Air Force?

9. Who was the first African-American astronaut to fly in space?

10. Who was the first African-American selected to join the U.S. Air Force Aerial Demonstration Squadron?

Answers:

1. Dorie Miller. With no formal gunnery training, he managed to down four enemy planes attacking Pearl Harbor on Dec. 7, 1941, and was awarded the Navy Cross.

2. The all-African-American 369th.

3. They were nicknamed “buffalo soldiers,” with many awarded Medals of Honor.

4. Executive Order 9981, July 26, 1948, signed by

President Harry S. Truman.

5. Benjamin O. Davis Jr. His father, Benjamin O. Davis Sr., was the first African-American regular general officer in the Army.

6. “Blackman” was Gen. Daniel “Chappie” James, then a colonel, and “Robin” was then-Col. Robin Olds of the 8th Tactical Fighter Wing at Ubon Royal Thai Air Force Base, Thailand.

7. Second Lt. Alonzo Babers, an Air Force Academy graduate.

8. Thomas N. Barnes served in the position from 1973 to 1977.

9. Guion “Guy” S. Bluford, Jr., who was a part of the STS-8 space shuttle Challenger mission launched on Aug. 30, 1983.

10. Gen. Lloyd W. “Fig” Newton, who later in his career served as commander of the Air Education and Training Command.

Rating scale: 10 correct, Ph.D. granted; 8-9, master’s degree; 6-7, bachelor’s degree; 4-5, high school diploma; 1-3, no degree -- hit the history manuals again; 0, sleep at night using a history manual as a pillow and hope for osmosis.

(Courtesy of Air Force Print News)

Airman credits brother-in-law for decision to join

By Senior Airman Jared Marquis
3rd Wing Public Affairs

ELMENDORF AIR FORCE BASE, Alaska – Most people have a hero or someone they credit for being the person they are today.

For me, that person isn’t a teacher, supervisor or parent. While I have had my share of influential people in my life, that credit goes to Senior Airman Jason Cunningham.

Before March 4, 2002, I had never seriously thought about joining the military. I went to see recruiters when I graduated from high school and listened to what they had to say but I never really considered the military.

I wanted to do something important with my life; I just didn’t know what. I worked hard at what I thought I wanted to be, reaching most of my goals and being relatively successful.

But that all changed on March 4, 2002.

That morning my wife and I received a phone call at 5:30 a.m. A phone call that early is usually bad news, and this time was no different.

My mother-in-law called to tell us that Jason – her son, my wife’s brother, an Air Force pararescueman – had been killed in Afghanistan.

Most of the two weeks after that were a

blur. Unless you are faced with it, no one can possibly understand the pain and suffering a situation like that brings.

I felt completely helpless, doing everything I could for the people I love, but always feeling like I came up short.

Before then, I had never directly faced war. As a civilian living in a town without any kind of military influence, other than the local recruiters, I felt a million miles away.

Before that moment, I had never considered the effect war could have on my life.

Military service is a responsibility. Jason showed me that by his dedication, service and commitment. Not one time, did anyone who knew Jason think that he wouldn’t succeed at whatever he did.

One of the most powerful moments I experienced was at Jason’s funeral at Arlington National Cemetery. I remember seeing a three-star general salute Jason’s casket as it made its way to his final resting place.

I am here to tell you, even as a civilian, I understood how powerful an image that was. I could see in his face how much respect he had for the fallen Airman.

After the funeral, I had a lot of time to think, and came to a conclusion. I knew I wanted to serve my country the way Jason did, the way all our fallen servicemembers have.

When Jason died, he left behind a wife and two daughters. I didn’t feel it was right

for me to stay home with my wife and kids, enjoying the freedom he fought for. I couldn’t stay home when people like him were unselfishly risking everything. I felt it was my responsibility to stand up and fight.

For that reason, I have a tremendous amount of respect for anyone wearing the uniform of the U.S. military.

It doesn’t matter what job they chose or why they joined, because the bottom line is they accepted the responsibility. They stepped up to defend our country.

Too often, I think we forget why we are here and why we chose this path in our lives. I have a daily reminder of why I am here.

Not a day goes by that I don’t think of Jason and what he left behind.

In my technical school class, my instructor would write a question on the board every day. One day he wrote: “If you could talk to anyone, living or dead, who would it be?”

As soon as I saw that question, I knew my answer. Like most of the people affected by Jason’s death, I would give anything for one more conversation with him. I would share with him what his life, and death, meant to me.

Wherever my Air Force career takes me, one person deserves the credit. That person is Senior Airman Jason Cunningham.

(Courtesy of Air Force Print News)



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DUI Prevention

Feb. 15 – Feb. 21	0
Total DUIs in February	1
Total in 2006	3

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Every third Tuesday of the month, Mothers of Preschoolers can be found ...

Mingling & Mentoring

By Senior Airman Katie Thomas
Editor

If ever there was a non-stop life, it belongs to parents raising children under age five.

Child-rearing is one of the world's oldest and perhaps most difficult jobs, but the base's Mothers of Preschoolers chapter celebrates motherhood and tries to meet the unique needs of these women.

"This program is so important here because women who are stationed overseas are often on their own with their husbands being deployed," said Kelly Perry, MOPS coordinator. "This is like a support group, but we don't focus on the problems. We want this to be an uplifting experience for mothers."

MOPS meets the third Tuesday of each month for about two hours at the Traditional (West) Chapel, said Kari Ward, MOPS publicity. Mothers drop off their newborns to five-year-olds with volunteers who watch the children and provide snacks, activities and stories for them. This children's program within MOPS is known as the Moppets.

MOPS meetings kick off with an ice breaker, followed by a message from the group's coordinator. The women then take time for a craft activity that is hosted and taught by one of the group's members.

The meeting's focal point is next: a guest speaker who talks about a part of the year's

theme. This year's theme is based off the book "Five-Star Family: Making Yours from Good to Great" by Carol Kuykendall, said Ms. Perry, mother of two.

"The theme is decided each year by MOPS International," she explained. "Anyone who wants to be a better mother or learn more about child-raising, this is a great place to be."

Meetings sometimes include small group time, and these groups also encouraged to meet outside of the monthly meetings.

"We are able to call each other up at anytime if we need something, like a helping hand or to just get away from the kids for a few hours while a friend baby-sits," said Ms. Perry.

Sarah Kielty, MOPS member, said, "I joined because of the community that MOPS has, and to get to know other people here."

Fellow member Linda Maggio agreed.

"You can get a break here," she said. "It really helps mental stability and it grows coping skills too. The MOPS team does a wonderful job using all the resources available here including the great guest speakers."

The MOPS's March meeting will highlight family traditions and discipline. All mothers of newborns to children age five are welcome to attend the meeting.

For more information, call Ms. Perry at 227-3775 or Jeanene Dillard, MOPS mentor mom, at 225-6831.



photos by Senior Airman Katie Thomas

Above, members of the Mothers of Preschoolers chapter here participate in a craft during its monthly meeting held at the Traditional Chapel Tuesday. More than 30 mothers basewide participate in the group on a regular basis. The MOPS program now boasts more than 110,000 members across the world. On-base MOPS chapters are mostly seen at overseas military installations because they are usually not available in the local communities. Left, volunteers help five year olds in one of the childcare rooms during the monthly MOPS meeting here. Children are read a story, have a snack, and taught a craft. Newborns to age five are welcome in the program, which is called the Moppets. MOPS is seeking volunteers to help with the Moppets for this year and in 2007. For more information, contact Kelly Perry at 227-3775 or Jeanene Dillard at 227-6831. Visit <http://www.mops.org> for additional information.



AD

Off base

Plum Tree park festival: This well-known plum tree park in Tama, called Yoshino Baigo, is hosting its annual festival Feb. 25 to March 31 from 10 a.m. to 4 p.m. There are more than 25,000 plum trees in 120 different varieties. The park is a 15-minute walk from the JR Ome Line's Hinata Wada Station.

On base

Movies

Today – *Rumor Has It*, PG-13, 7 p.m.; *Firewall*, PG-13, 9:30 p.m.

Saturday – *Cheaper By The Dozen II*, PG, 2 p.m.; *King Kong*, PG-13, 7 p.m.; *Firewall*, PG-13, 9:30 p.m. (adults only)

Sunday – *King Kong*, PG-13, 2 p.m.; *Firewall*, PG-13, 7 p.m.

Monday – *Firewall*, PG-13, 7 p.m.

Tuesday – *Rumor Has It*, PG-13, 7 p.m.

Wednesday – *Firewall*, PG-13, 7 p.m.

Thursday – *Rumor Has It*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Tax center open

The Yokota Tax Center is open Mondays, Tuesdays and Wednesdays from 9 a.m. to 4 p.m., and Thursdays from 10 a.m. to 7 p.m. Walk-in hours for 1040EZ filing are Mondays through Wednesdays from 9 to 11 a.m. The center is in Bldg. 3302. Call 225-4926.

Tuition assistance

Air Force spouse tuition assistance applications are being accepted now for Term IV at the University of Maryland University College. Applications must be returned by Feb. 24. Call 225-7337.

Academic advisors

The University of Maryland University College is now scheduling appointments with its academic advisors who are visiting March 6 to 8. Call 225-8922.

Volunteer awards

The Family Support Center is accepting annual volunteer award packages until March 22. The award categories are the volunteer excellence award and the volunteer of the year award. Call 225-8725.

Spring bazaar

The Yokota Officers' Spouses Club* is hosting its annual spring bazaar April 1 from 9 a.m. to 6 p.m., April 2 from 10 a.m. to 4 p.m. in Hangar 15. Volunteers are needed to assist vendors, donate baked goods, and provide translation services. Send an e-mail to yoscbazaarvolunteer@yahoo.com.

Evening poetry

The University of Maryland University College presents "An Evening of Poetry and Art with Mong-Lan" Saturday at 6:30 p.m. at the Officers' Club. Admission is free and the event is open to the community. Call 225-3690.

Furniture, carpet sale

Yokota's American Red Cross chapter is hosting an antiques, furniture and carpet sale March 4 from 10 a.m. to 6 p.m., and March 5 from 10 a.m. to 5 p.m. at the Yujo Recreation Center. Volunteers are also needed. Call 225-7522.

Scholarships offered

The Yokota Officers' Spouses' Club is sponsoring scholarships for SOFA-status Yokota High School seniors and SOFA-status spouses who will be enrolling in college this spring. Visit <http://www.yosc.org>.

Yokota Singles

All singles are invited to a free coffee and snack bar every Friday from 7 p.m. to 1 a.m. in the building behind the Traditional Chapel.

Troops To Teachers

The "Troops/Spouses To Teachers" program representatives are briefing March 9 at the base training and education center in Bldg. 316, second floor. Group briefings are from 8:30 to 11:30

a.m., and individual sessions are from 1 to 4 p.m. Call 225-7337.

AFSA meeting

The local Air Force Sergeants Association* is meeting Monday at the Enlisted Club's Spectrum Lounge from 8 to 9 a.m. All active duty, Reserve, Guard and retired members are welcome to come. Call 225-7007.

MDG commander line

Community members can submit suggestions and comments to the 374th Medical Group's commander line at 225-4719 or send an e-mail to 374mdg.cs@yokota.af.mil. Do not use the line to make appointments or for emergencies.

Bible studies

The Base Chapel offers Bible studies Mondays at 6:30 p.m. at the base library, and Thursdays at 9 a.m. at the Traditional Chapel. Child care is available by request only for the Thursday morning study. The studies are open to the community. Call 225-7009.

Chapel Schedule

Traditional (West) Chapel
Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

Contemporary (East) Chapel
Protestant: Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

Publicity

Private organizations and base units can advertise events by e-mailing: afn.publicity@yokota.af.mil; fuji.flyer@yokota.af.mil; and yokota.bulletin@yokota.af.mil.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

Samurai Warrior



of the Week



Tech. Sgt. Robert Sanders

Tech. Sgt. Robert Sanders, 374th Operations Group, is this week's Samurai Warrior of the Week for exhibiting the qualities of sympathy toward all people, politeness and respect for etiquette, and a duty to defend the honor of one's name and guild.

He is the organizational computer manager and Information Management Functional responsible to the 374th OG and each of its squadrons. His technical knowledge and inexhaustible creativity have lead to the creation of a program responsible for training over 130 Airmen who support over 6,000 computers basewide.

His continuous support of our children through volunteer coaching and active member of both Yokota East Elementary School Advisory Council and Continuous School Improvement programs have provided insight and representation.

Kensei Warrior



of the Week



Lance Corporal Leslie Palmer

Lance Corporal Leslie Palmer, Det. 10 AFNEWS-AFN Tokyo, is this week's Kensei Warrior of the Week for exhibiting the qualities of knowing the ways of all professions, developing intuitive judgment and an understanding for everything.

She is the host of Eagle 810's high profile, daily afternoon radio show, "Traffic Jams." Her endless creativity and originality helped mold the unique sound that is Japan's flagship radio station. As the base's youngest Marine, she's active in community, including volunteering more than 25 hours a month to the Semper Fi Society. She earned a Tan Belt through the Marine Corp Martial Arts Program and was also presented with the Award of Distinction, an accomplishment recognized by civilian counterparts for her outstanding broadcast talent.

AD

“Quotes” & Things

*“I want to be a surfer.
... I spent my first
minor-league season at
Waterloo, Iowa.
When I was assigned
there, I thought, ‘Great
– Waterloo. It has to be
near an ocean.’”*

Greg Minton

Football: The base varsity football team is holding a meeting March 4 at 11 a.m. at the Taiyo Recreation Center. Call 225-8881.

Dive Club: The Yokota Finatics Dive Club meets every first Thursday of the month in Bldg. 909 behind Hangar 15. Visit <http://groups.yahoo.com/group/yokotafinatics/>.

Half-marathon: Camp Zama is hosting a half-marathon along with a 5K and children's race at Sagami Depot April 23. Call 263-5995.

5K: The African American/Black History Month heritage run has been changed to March 3 at the Samurai Fitness Center beginning at 6:30 a.m. The first 350 runners will receive free t-shirts.

Karate: Free Karate lessons are offered at the base Natatorium every Saturday from 3 to 5 p.m.

Fencing: The Yokota Fencing group hosts free fencing lessons at the Family Support Center Tuesdays and Thursdays from 5:30 to 7:30 p.m. Visit <http://www.blacktigers.groo.us>.

Baseball: The Yokota Thunder Baseball Club is recruiting players for the current season. All ID cardholders and local nationals are eligible. Call 090-3500-0343 or mohrvictor@yahoo.com.

Lifestyle, weight management is TOPS

Samurai Country's new 'Take Off Pounds Sensibly' chapter ready to help

By Staff Sgt. Karen J. Tomasik
374th Airlift Wing Public Affairs

The Yokota Health and Wellness Center has a new program to offer base members support as they strive to lead a healthy lifestyle.

The program is TOPS, or Taking Off Pounds Sensibly, and it is a new local chapter available to all Yokota members seeking to lose weight and keep it off.

“TOPS is a proven, successful international non-profit organization that helps you reach your weight loss goal through mutual support and education,” said Pamela Riddle, chapter leader. “During weekly meetings people

will learn about TOPS, establish their weight-loss goals, learn how to achieve them sensibly through planning and accomplish those goals with the support of other chapter members.”

During some of the first sessions, Ms. Riddle covered her duties as the chapter leader for the members, had attendees discuss what they want to achieve and showed attendees how to establish positive, long-term and short-term goals through a plan that fits their lifestyle.

She also provided some tools to help attendees with their weight-loss and food information they can use when deciding what to use in their meals to support weight loss.

“More people find themselves overweight in America and Yokota is a small cross-section of our society,” said Maj. Sheila Thornton, 374th Aerospace Medicine Squadron. “Having Ms. Riddle step up to lead this chapter will benefit those in our community who want to take action to lose weight in a healthy manner with the support of others with the same goal.”

The program is not a quick fix for weight loss, but a healthy way to adjust their eating habits and exercise style to accommodate weight-loss in their lives.

“We will keep this program going as long as there are people interested in losing weight in a healthy way,” said Ms. Riddle. “The support TOPS can provide is very important as our members participate in weekly check-ins. One week someone may lose weight and in another they might

gain some back and we'll help them realize how they may have gained weight and help keep them on track with their goals.”

The group also covers the types of fitness opportunities available on Yokota and how members can include fitness in their weekly schedule.

“Because we are a chapter of the larger international organization, there is a small fee of \$24 for the year,” said Ms. Riddle. “As a non-profit agency, TOPS doesn't make anything off that membership fee, it's used to pay for the members' monthly magazine filled with information about healthy living and good food ideas for weight loss with no advertisements.”

The chapter meets each Thursday at the HAWC from 11:30 a.m. to 12:30 p.m. For more information about the program, contact the HAWC at 225-8322.

Projected Intramural Sports Calendar 2005-2006

Sports	L.O.I. Send Out Date	L.O.I. Due Date	Coaches Meeting	Start	End
Bowling	TBD	TBD	TBD	TBD	TBD
Basketball	October 4, 2005	November 11, 2005	November 23, 2005	December 2nd, 2005	March
Racquetball	January 3	February 3	February 6	February 13	April
Volleyball	January 15	February 24	February 27	March 6	May
Golf	February 20	March 24	March 29	April 7	September
Softball	February 20	March 24	March 27	April 3	June
Soccer	May 15	June 23	June 28	July 5	September
Flag Football	June 26	July 28	July 31	August 7	November

Projected Varsity Sports Calendar 2006

Sports	Coaches Resume Due Date	Varsity Try Out	Start	End
Basketball	August 1	August	September	February
Volleyball	January 6	January	March	November
Soccer	November 1	November	TBD	TBD
Tackle Football	February 3	February	May	August
Softball	February 3	February	March	October



Projected Varsity Sports Tournaments Calendar 2006

Tournament	Sport	Date
1st Warrior Classic	Men and Women Basketball Tournament	October 6-9 Columbus Holiday Weekend
1st Samurai Invitational	Men and Women Volleyball Tournament	February 10-12
2nd Annual Kanto Kup	Men and Women Softball Tournament	September 1-4 Labor Day Weekend
1st Bonzai Yokota Cup	Coed Soccer Tournament	April 7-9

AD